




# April 2016

## NAVAL HOSPITAL BREMERTON

### WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<b>April is Sexual Health Month</b> — Sexual health is a state of well-being that involves physical, emotional, mental, social, and spiritual dimensions, and is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction that is free of coercion, fear, discrimination, stigma, shame, and violence. For more information on the Getting Yourself Tested (GYT) Campaign, go to the Centers for Disease Control and Prevention webpage at: <a href="http://www.cdc.gov/std/sam/index.htm?s_CID=govd-std-050">http://www.cdc.gov/std/sam/index.htm?s_CID=govd-std-050</a> 				<b>1</b> Intro to Nutrition 1-3pm Childbirth Class: 3:30-6pm
<b>4</b> Yoga 3:30-4:30 pm Healthy Steps 4:30-5pm	<b>5</b> SHIPSHAPE 1: 9-10am Pilates (Beginner): 12-12:45pm Healthy Shopping: 1-3pm (held at Bangor Commissary) Bariatric Support: 6-7:30pm	<b>6</b> Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Heart Healthy Living: 4-6pm	<b>7</b> OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 4-6pm	<b>8</b> Bariatric Eating 1-3pm Childbirth Class: 3:30-6pm
<b>11</b> Diabetes Updates: 12:30-2pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm	<b>12</b> SHIPSHAPE 2: 9-10am Pilates (Beginner): 12-12:45pm Healthy Habits: 1-3pm	<b>13</b> Meal Planning/Makeovers: 4-6pm	<b>14</b> OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm	<b>15</b> Intro to Nutrition 9-11am Childbirth Class: 3:30-6pm Diabetes: Healthy Eating: 1-3pm <div> <b>Saturday 16th:</b> Childbirth Class 9:30-3:00           </div>
<b>18</b> Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>19</b> SHIPSHAPE 3: 9-10am Pilates (Beginner): 12-12:45pm Bariatric Support: 3:30-5pm Fitness Planning: 1-3pm (held at Bremerton Gym)	<b>20</b> Gestational Diabetes: 10-11am Diabetes Prevention: 4-6pm	<b>21</b> OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 4-6pm	<b>22</b> 
<b>25</b> Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>26</b> SHIPSHAPE 4: 9-10am Pilates (Beginner): 12-12:45pm Cancer Support: 5-6:30pm	<b>27</b> Gestational Diabetes: 10-11am Lactation Class: 6:30-9pm	<b>28</b> OB/Gyn Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 4-6pm	<b>29</b> 

For appointments, call Puget Sound Military Appointing Center at (800) 404-4506  
For information, call (360) 475-4541

Building a healthy life, one habit at a time.

Website: [www.med.navy.mil/sites/nhbrem](http://www.med.navy.mil/sites/nhbrem)



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